

Fall 2020

RSU 38 Maranacook Adult & Community Education



<https://maranacook.maineadulted.org>
(207) 685-4923 x1065

About Us

Director's Letter - Steve Vose

These certainly are unprecedented times. Despite this uncertainty, Maranacook adult and community education is taking the progressive steps forward to embrace online learning and continue to offer our surrounding communities and beyond, access to high quality educational and enrichment programming. We are excited, for the fall, to offer over 20 NEW online classes covering a wide array of topics from cooking and canning to yoga and Zumba. Thanks to everyone for your patience and support, as our program adapts to this new online delivery system. Take care and be safe!

What We Offer

Classes begin the week of September 21, 2020

HiSET or high school diploma

These programs enhance success in a job market where a diploma is often required for employment. We also offer academic support through career counseling, assessment of educational needs, tutoring, the Odysseyware Learning Lab, and access to the Maranacook Media Center. Classes begin the week of September 21, 2020. See the Academics page for further details. HiSET /Diploma services are available by appointment. Please call Adult Education Director Steve Vose at 685-4923, ext. 1009.

Higher education preparation

 Through the Capital Area Adult Education Consortium, we have access to grants that support individuals pursuing post-secondary education options, including career/study skills, workshops, finding scholarships, completing financial aid applications, visiting colleges, and completing college prep classes. Please call Adult Education Director Steve Vose at 685-4923, ext. 1009.

Enrichment & Professional Development

 We offer a wide variety of courses and workshops to improve your health and well being, broaden your knowledge, enhance your skills, or just to have fun and meet others in your community. We also offer career and vocational courses to help you find a job or advance in your career. For courses, visit <http://maranacook.maineadulted.org>. If you have questions, please email adulted@maranacook.org or call 685-4923 x1065.

Contact Us

Email: adulted@maranacook.org

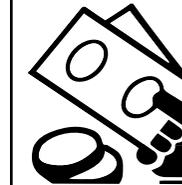
Call: 207-685-4923, ext. 1065 Fax: 207-685-9597

Director: Steve Vose, 207-685-4923 ext. 1009

Staff: Susan Simons, Phyllis French
207-685-4923, ext. 1065

Mail: RSU 38 Maranacook Adult Ed, 2250 Millard
Harrison Drive, Readfield, Maine 04355

10% off for veterans & seniors



A discount applies to most enrichment courses for veterans and senior citizens. Please inquire when registering for courses. Does not apply to the supply fee.

Register online

We take credit and debit cards and have a new, streamlined process for mobile devices.

<http://maranacook.maineadulted.org>



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HiSET/Academics

Earn Your High School Diploma Now!

There has never been a better time to earn your High School Diploma than NOW! With small class sizes and an individualized approach to learning, Maranacook Adult and Community Education offers adult students the perfect learning environment to achieve success!

The High School Equivalency Test (HiSET) is now being administered in adult education programs across the state of Maine. The HiSET consists of the following five subtests: Language Arts Reading, Language Arts Writing, Science, Social Studies, and Mathematics.

There is NO COST for Maine residents to prepare for and take the HiSET. Local adult education programs provide HiSET testing, preparation materials, pre-tests, and instruction, all at no cost to the learner.

To learn more about our High School Diploma program, please call 685-4923 x1009 for more information.

Academic and Career Advising

Can't figure out what your career should be? Not sure exactly what kind of work you'd like? We can help you decide. Come take an interest inventory and find out what kind of career is right for you and how to get it! If interested, please contact steve_vose@maranacook.com or 685-4923 x1009.

Location: MCHS

Registration: Free to diploma, HiSET and College Transition (CT) students

Accuplacer Testing

Accuplacer is the college placement test required by local colleges to determine college readiness. Students can take it FREE through our program at Maranacook Adult Education. Convenient testing times and dates are available.



Call 207-685-4923 x1065 to get started on your college planning!

Online HiSET Test Preparation

NEW to this year's educational program are the online HiSET tutoring and instructional resources. Students can study and achieve their dream of achieving a high school diploma from the comfort of their home. A limited supply of laptops and internet ports will be available for students who do not have the necessary technology.

If interested, please contact steve_vose@maranacook.com or 685-4923 x1009.

HiSET Test Preparation

HiSET

HiSET pre-testing, test taking strategies and skill building are offered to prepare students for successful completion of the HiSET test. Accommodations are available for people with documented disabilities. If you are interested in earning a HiSET, call 685-4923 x1065 for more information.

Instructors: Scott Harmon

By appointment

Begins: week of September 21, 2020

Location: MCHS

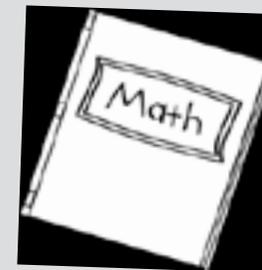
Registration: Free to diploma and HiSET students

College Transitions

COLLEGE TRANSITIONS is a bridge program leading to college. Classes are for high school graduates or GED/HiSET recipients who plan to attend college. Registration is free; students pay for books and lab fees. College transitions students must participate in four of the following six activities: 1. Meet twice with a College Transitions coach; 2. complete pre- and post-Accuplacer college placement assessment; 3. enroll in a College Transitions course; 4. participate in a College Transitions workshop; 5. participate in a College Transitions cohort group; 6. tour a college campus. To register, call Maranacook Adult Education Director Steve Vose, steve_vose@maranacook.com, 685-4923, ext. 1009.

Launch Your College Career NOW!

Math Skills for College



This course is designed to provide students not ready for algebra with a strong foundation in basic arithmetic skills. Skills covered include: fractions, decimals, percents, word problems and variables. The goal is that all students pass the Accuplacer in arithmetic.

Instructor: Scott Harmon

By appointment

Begins: week of September 21, 2020

Location: MCHS



English Skills and Writing Fundamentals

The course focus is on developing reading and writing skills. You will learn to identify and correct common writing errors, and learn helpful techniques to get your ideas down on paper. We will read short stories, a novel, opinion essays and non-fiction articles. The class will benefit students preparing for the HiSET or college and credit recovery students needing English credits for their high school diploma.

Instructor: Ben Bachelder

By appointment

Begins: week of September 21, 2020

Location: MCHS

Registration: Free to diploma and HiSET students

History of the United States of America

This course explores the history of the United States from pre-Columbian times to the present day. The course focuses on the major events and personalities that have shaped the United States over its existence. This is a great opportunity for students to gain a better understanding of our great country!

Instructor: Ben Bachelder

By appointment

Begins: week of September 21, 2020

Location: MCHS

Registration: Free to diploma and HiSET students

Early College Planning

Open to all HS students, parents and adult education students to discuss college planning decisions and finances.

Date TBD please call 685-4923 x1009 for more information.

Location: MCHS

Registration: Free

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Career Training

To help students bridge the gap between course completion & employment, we have connected with area businesses to provide information about potential job opportunities. These sessions allow students to gain employment information & make a face-to-face connection with employers even before class completion.



Commercial Driving License (CDL) Class B: Dump Truck or Bus

This class prepares you to meet Maine DMV requirements and gives you the hands-on skills that employers demand. The course consists of 42 hrs of classroom instruction to prepare you for the CDL license process, including written and skills exam. The 30 hours of one-on-one range instruction will prepare you for the road test. Additional endorsements of Bus, Tank and Hazmat are \$25 each. For the bus driving endorsement you must be over 21, have a clean driving record and get a physical exam at your own expense.

Instructor: Nancy Frost

Classes meet on the following dates and times:

Sat. 9/12, 9/26, 10/24, 11/7 (8-2:30 pm)

Thurs. 9/17, 9/24, 10/1, 10/15, 10/22, 10/29 (5:45-9 pm)

Driving time arranged individually.

Location: PDC, 75 North Road, Readfield

Registration: \$2,500

<https://maranacook.maineadulted.org/course/cdl-class-b-fall-2020-dates-just-added/>

These certainly are unprecedented and unpredictable times. Despite the uncertainty, Maranacook Adult and Community Education is taking progressive steps to embrace online learning and continue to offer our surrounding communities and beyond, access to high quality educational and enrichment programming. For the fall semester, we are cancelling face to face classes at all district schools, though we will be offering a few enrichment classes, face to face (practicing social distancing) outside on the school campus.

Our HiSET testing and tutoring will be face to face. However, we will be enforcing all recommended CDC safety protocols. To schedule an appointment or to discuss protocols, please contact our Director, Steve_Vose@maranacook.com

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Register online

We take credit and debit cards and have a new, streamlined process for mobile devices.

<http://maranacook.maineadulted.org>



Boomer Tech



BoomerTECH Adventures helps Boomers and Seniors create, connect, and contribute using today's technology. These courses are fully asynchronous, online courses that students complete on their own time and at your own speed. Each course has a PDF booklet with information about the class, instructions on using the class, and the content of the class (videos and articles). The instructors provide personalized support for the class via email and/or online chat.

Fantastic Photo Finishes-Organize & Edit Images with Your iPhone/iPad Photos App

This is a natural follow-up to the first course, but is a stand-alone course as well. The focus here is on editing images as well as knowing how to organize images and video on iPhones or iPads. Other areas of focus include using the "For You" section (ready-made slide shows), creating, using, and sharing albums, and search.

Begins: Monday, September 7, 2020

Registration: \$35

Location: Online

Class access available until December 31, 2020

<https://maranacook.maineadulted.org/course/fantastic-photo-finishes-organize-edit-images-with-your-iphone-ipad-photos-app/>

Taking Awesome Pictures With Your iPhone/iPad Camera

This is a step-by-step guide to taking beautiful photos, appropriate for novice photographers and anyone who wants to significantly upgrade their photography skills. Students will learn to take photos, portraits, slo-motion, panos, and more. Also students will learn about camera settings for proper focus and exposure, High Dynamic Range, and picture composition.

Begins: Monday, September 7, 2020

Registration: \$35

Location: Online

Class access available until December 31, 2020

<https://maranacook.maineadulted.org/course/taking-awesome-pictures-with-your-iphone-ipad-camera/>

Introduction to iPhone Basics

It is safe to say that the vast majority of iPhone users rarely use more than a fraction of the features available to them. In this course, students will learn to use their iPhones to the best possible advantage. Here are some of the critical features we'll cover: Apple ID and password; structure of the iPhone (buttons and how they work); best apps to have and how to get them; how to text, phone, FaceTime, and email; using the Control Center; mastering Settings; updating operating systems; using key apps; understanding the apps that come with your iPhone and more.

Begins: Monday, September 7, 2020

Registration: \$35

Location: Online

Class access available until December 31, 2020

<https://maranacook.maineadulted.org/course/introduction-to-iphone-basics/>

Introduction to Mac Basics

In this course, students will learn how to make their Mac computer (laptop or desktop) hum! Areas of focus include: Mac features, choosing the best browser, using Spotlight Search, learning how to use the Finder and App Store, understanding the keyboard, and learning the icons that define a Mac computer. These are all essential elements that students will learn.

Begins: Monday, September 7, 2020

Registration: \$35

Location: Online

Class access available until December 31, 2020

<https://maranacook.maineadulted.org/course/introduction-to-mac-basics/>

Health, Healing & Fitness

Yoga for Everybody and Every Body



In these challenging times are you stiff, stressed, tired and cranky? For thousands of years, the yogis of India studied and learned profound ways to manage stress, lower anxiety and depression and maintain youthful vigor - even reversing the effects of aging! In this course you will learn simple ways to help your body to become flexible, become more naturally pain free, and how the mind-body practices of yoga literally change your brain.

Even if you've never done yoga, or are a dedicated practitioner, this is an opportunity for you to experience from your home, the power of subtle, accessible yoga from an experienced teacher.

Each week you'll be moving and stretching in a safe way, experimenting with your breath, and accessing the benefits of meditation to benefit your body and mind. You'll learn how new advances in neurobiology affirm that these time-honored practices are powerful for establishing lasting well-being.

Instructor: Susan Coady

6 Mondays, 4:30-5:45 pm

Begins: September 21, 2020

6 Thursdays, 5-6:15 pm

Begins: September 24, 2020

Registration: \$66

Location: Online Live (Zoom)

Susan Coady has taught and studied yoga, meditation and Ayurveda for 40 years, and is certified through Kripalu Center in Stockbridge MA. She is currently an avid student of Raja Choudhury.

<https://maranacook.maineadulted.org/classes/categories/exercise-outdoor-fun/>

Zumba Toning

Join Karen's Zumba class from the comfort of your home! Zumba Toning combines targeted body sculpting exercises and high-energy cardio work with Latin-infused Zumba moves to create a calorie-torching, strength training dance.

Everyone will need a set of 1 to 3 (max) pound weights.

Instructor: Karen Dube

6 Thursdays, 6-7 pm

Session 1: Begins September 17, 2020

Session 2: Begins November 5, 2020

Location: Online Live (Zoom)

Registration: \$60 per session

<https://maranacook.maineadulted.org/classes/categories/exercise-outdoor-fun/>



Changing the World from the Inside Out

We will explore teachings and practices to help us create ease and happiness in our daily lives. We will learn how mindfulness and meditation can help us move towards transforming suffering. We will also explore Engaged Practice - the importance of bringing our solidity & practice out into the world to take action. We will have some musical offerings. Different forms of meditation will be introduced, mostly based on the teachings of Zen master, poet, and social activist, Thich NhatHanh. Whether you are new to meditation or have practiced it before, all are welcome.

Guide: Marty Soule

6 Wednesdays, 6:30-8 pm

Begins: September 23, 2020

Time: Settle in at 6:15, class 6:30-8 pm

Location: Online Live (Zoom)

Registration: \$10

<https://maranacook.maineadulted.org/course/changing-the-world-from-the-inside-out/>

Health, Healing & Fitness

Tanya Quarterman is a Certified Hypnotherapist practicing since 2002, a Certified Hypnotic Instructor since 2009, and a Reiki Master Teacher since 2005. She has been teaching for Maranacook Adult Ed program since 2006. All of Tanya's classes will be held Online Live (Zoom)

Stress & Anxiety Redux

Participants will learn and practice hypnotic suggestions and techniques and have the opportunity to engage in mini meditations designed to reduce stress and anxiety and build coping skills.

Begins: Thursday, October 15, 2020

Time: 6-7 pm

Registration: 4 weeks: \$35 or 6 weeks: \$45

<https://maranacook.maineadulted.org/classes/categories/health-healing-fitness/>

Introduction to Numerology

Ever wonder if there is more meaning to your name? The ancients believed our destinies were written in our names. Tanya has studied, practiced and taught numerology for over 20 years. Have paper and pen ready for this fast paced session.

Date: Tuesday, October 13, 2020

Time: 6-7 pm

Registration: \$10

<https://maranacook.maineadulted.org/course/introduction-to-numerology/>

Weight Redux

Reprogram your taste buds, and change your approach to food and eating using hypnotic techniques and suggestions.

Begins: Thursday, October 15, 2020

Time: 7:15-8:15 pm

Registration: 4 weeks: \$35 or 6 weeks: \$45

<https://maranacook.maineadulted.org/course/page/5/>

Meet Your Spirit Guide

A brief discussion and then a guided meditation to meet your unseen helpers in spirit.

Date: Tuesday, November 10, 2020

Time: 6-7 pm

Registration: \$10

<https://maranacook.maineadulted.org/course/meet-your-spirit-guide/>

Introduction to Dream Recall

Learn to program yourself to remember more. First, you must create the right environment for success. Learn about the 4 different kinds of dreams. Tanya has taught dream recall and journeying for over 20 years.

Date: Tuesday, October 20, 2020

Time: 6-7 pm

Registration: \$10

<https://maranacook.maineadulted.org/course/introduction-to-dream-recall/>

Intro to Recording Dreams and Interpretation

Once you have learned to recall the dream time messages, it is imperative that they are documented or recorded properly. Learning to interpret is the next step.

Date: Tuesday, October 27, 2020

Time: 6-7 pm

Registration: \$10

<https://maranacook.maineadulted.org/course/intro-to-recording-dreams-and-interpretation/>

Dream Interpretation

We all dream every night. It is critical to our health and well being. Learn about the 5 different types of dreams (not the 4 'kinds' of dreams). Awareness of sleep time activities can help us in our physical lives.

Date: Tuesday, November 3, 2020

Time: 6-7 pm

Registration: \$10

<https://maranacook.maineadulted.org/course/dream-interpretation/>

Meet Your Spirit Animal

A brief discussion and then guided meditation to meet your animal medicinal guides.

Date: Tuesday, November 17, 2020

Time: 6-7 pm

Registration: \$10

<https://maranacook.maineadulted.org/course/meet-your-spirit-animal/>

Cooking

Preserving the Harvest: Water Bath Canning, Freezing, and Storage

Preserving in-season fruits & vegetables to eat long after harvest is satisfying and an excellent way to support local farms and/or to enjoy food grown in your own garden all winter long. These three online classes will focus on how to safely can using accessible fall produce like apples, pears, and tomatoes. In addition to sweet jams and butters, we'll also explore savory preparations and ideas for using what we put up. We'll go beyond water bath canning to learn which fruits and vegetables store well in the refrigerator and freezer, including recipes and how-to's for best-quality storage in the frig, freezer, or cool-weather pantry. Canning and freezing food is much easier than many people believe! I've been growing, harvesting, preserving, and storing food in Winthrop, Maine for more than 15 years and am excited to guide you through the basics and offer tips & tricks to streamline the process. Each class will include a discussion of food preservation techniques, real-time demonstrations, and ample space for questions and participation. Classes will be recorded & available in-between sessions, and participants are encouraged to prepare the recipes "for homework". After you register, you'll receive more information about what produce and equipment we'll be using in each class; how to access the recipes we'll use as well as a Pinterest board of additional recipes; and handouts including helpful notes and basic guidelines. At the end of the series, you'll have deliciously preserved fruits & vegetables to enjoy and share this winter.

Equipment:

Canning pot or very large pot that will completely cover jars with at least 2 inches of water
 Additional medium or large pot for preparing recipes (holding 6-8+ quarts)
 Quart, pint, and/or ½ pint jars (depending on preference) + lids & rings
 Canning "Starter Kit" or equivalent: jar grabber, lid lifter, funnel
 Potato Masher (for fruit) and apple peeler, sharp knife
 Freezer Bags, if freezing produce
 Paper Towels
 Helpful but not required: immersion blender

Instructor: Christina Kennedy

3 Tuesdays, 6-8 pm

Class Session #1: September 8, 2020

Class Session #2: September 15, 2020

Class Session #3: September 22, 2020

Location: Online Live (Zoom)

Registration Fee: \$50

<https://maranacook.maineadulted.org/course/preserving-the-harvest-water-bath-canning-freezing-and-storage/>



Cooking

Got Sushi !

Don't worry, we won't be eating anything RAW in this class! Participants will instead learn how to make delicious California Rolls using rice, imitation crab meat, and plenty of fresh veggies. Just be careful not to add too much wasabi!

Instructor: Steve Vose

November 1, 2020

Time: 5:30-7:30 pm

Location: Class is online and available in a recorded format. Instructor will follow up with all participants to answer questions.

Registration: \$15

<https://maranacook.maineadulted.org/course/got-sushi/>

Perfect Pie Crust

Making a pie crust is becoming a lost art, but it's not as difficult as many think. Join Libby from the comfort of your kitchen, and learn her secrets to make the perfect pie crust! You will need: large bowl, fork/pastry cutter, rubber scraper, rolling pin, measuring cup + spoons and pie pan. Ingredients and recipe will be sent after we receive your registration.



Instructor: Libby Harville

Location: Online - You view class at your convenience! The instructor will provide personalized support for the class via email.

Class access: until December 31, 2020

Registration: \$10

<https://maranacook.maineadulted.org/course/perfect-pie-crust/>

Register online

We take credit and debit cards and have a new, streamlined process for mobile devices.

<http://maranacook.maineadulted.org>



Online Cooking with Chris Toy

Join best-selling cookbook author and cooking instructor Chris Toy, as he shows you step by step

the secrets to some of his favorite recipes. Five Seasons Wok Roasted Whole Chicken, Wonton Soup, Stir-Fried Hoisin Pork, Egg Rolls and more! Start and finish in your own time! Students will have access to all the videos and Chris's new cookbook. Get started by viewing all the recipes and online videos. Decide what you'd like to try first, then make a shopping list. Practice, eat, repeat as often as you like. Upon registration, students will be sent links to access instructional videos as well as Chris's phone and email information for personalized support.

Registration: \$35 and includes a copy of Chris's new cookbook, a \$16.95 value!
Class access available until December 31, 2020

<https://maranacook.maineadulted.org/course/online-cooking-with-chris-toy/>

Biscuits and Scones

Remember the aroma of fresh biscuits just out of the oven? Learn how easy it is to make biscuits and impress your family. Scones are basically enriched biscuits so if you can make one, you can make the other!

You will need: large bowl, fork, rubber scraper, pastry cutter if you prefer, measuring cup + spoons, and baking tray.

Instructor: Libby Harville

Location: Online - You view class at your convenience! The instructor will provide personalized support for the class via email.

Class access available until December 31, 2020

Registration: \$10

<https://maranacook.maineadulted.org/course/biscuits-scones/>

Special Interests

An Introduction to Recognizing Bias

In these times of troubling examples of the growing divisions within our country, many people are wondering what they can do to help heal. The Holocaust and Human Rights Center of Maine has been working hard to collect resources and recommendations that individuals can use to contribute to changing attitudes. The most important step is learning about our individual biases and how they contribute to the problem. This 60 minute presentation will share some of the tools and resources that will help you begin our journey into the recognition of the bias that affect us, the systems that support our biases and assumptions, and the way you can seek out and listen to voices that are outside of your circle.

Presenter: David Greenham, Associate Director, Holocaust and Human Rights Center of Maine

Thursday, October 22, 2020

Time: 7-8 pm

Location: Onlive Live (Zoom)

Registration: \$5

<https://maranacook.maineadulted.org/course/an-introduction-to-recognizing-bias/>



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Character Through Karate

Goal setting is not just about starting from one place to get to another. It is about the process in between. "Goal Setting in Karate" is a class designed for all ages and abilities who wish to learn karate through an intentional step by step process. Goal setting application and strategies will be taught as well as how they can be translated into real life scenarios. You are never too old or too young to set goals for yourself. You are never too old or too young to try something new! Come join us, invite your friends and family. This is a new class designed for you!

This class is for beginner practitioners. All ages and abilities encouraged. Families encouraged!

The Character Education program at the Martial Arts Institute was developed in partnership with Dr. Ron Fish, psychologist and martial arts practitioner. The goal of the program is to demonstrate and articulate how traditional martial arts training can enhance and improve the quality of life of the student both inside and outside of the dojo. Whether it is for self improvement, our daily interactions with other people or how to handle different life situations, each component of the program is specifically geared to correlate and transform the benefits of traditional martial arts training with every-day life.

This class is Zoom capable in the event large gatherings are not permitted.

Instructor: Sensei Kevin Webb

3 Tuesdays, 6:30-7:15 pm

Begins: September 15, 2020

Location: Martial Arts Institute, 23 Leighton Rd, Augusta

Registration: \$30

<https://maranacook.maineadulted.org/course/character-through-karate/>

Special Interests

Safety in a Modern World

In this 3 hour course, participants will learn some basic ways to handle everyday situations that have the potential to turn violent. It is not unrealistic to be in a situation where you have to control a scenario involving a family member or friend that has escalated out of hand. This course looks to bridge that gap and address what happens in a situation when reasonable force is needed. A potentially dangerous situation where injuring one of the parties is not necessary, but some level of physical component is likely to be utilized. Conflict resolution skills will be taught in the form of de-escalation strategies, avoidance, restraining and controlling techniques.

Adults 18 and over are welcome to attend. No prior martial arts experience necessary.

Instructor: Sensei Kevin Webb

Saturday, September 12, 2020

Time: 11 am-2 pm

Location: Martial Arts Institute, 23 Leighton Rd, Augusta

Registration: \$30

<https://maranacook.maineadulted.org/course/safety-in-a-modern-world/>

Supply fees, where noted, are paid to the instructor at the first class.



Edible and Medicinal Plant Walk

Some of our common weeds are not only nutritious foods but have wonderful healing properties. On this 2

hour walk through field and woods you will learn how to add vitamin and mineral rich wild plants to your diet, treat bee stings, heal wounds, aid digestion, treat UTI's and protect yourself from cancer.

Instructor: Linda Nelson, Certified Herbalist

Saturday, September 19, 2020

Time: 10 am-Noon

Location: MCHS Outdoor Trails

Registration: \$15

<https://maranacook.maineadulted.org/course/edible-medicinal-plant-walk/>

Why Was My Class Cancelled?

Sometimes a great class gets cancelled because people wait to register until the last possible minute! SIGN UP EARLY!

In fairness to the instructors and students, we try and decide to cancel or run a class seven days before the class is scheduled to begin. If later, you have a change of heart, get busy at work or your schedule changes, just call us and we will refund your class fee.

SIGN UP TODAY to help keep classes running, you have nothing to lose!

Register online

We take credit and debit cards and have a new, streamlined process for mobile devices.

<http://maranacook.maineadulted.org>



Special Interests

Registered Maine Guide Training

This training prepares you for all 3 licenses: Recreation, Fishing & Hunting (with emphasis on Map & Compass), Search & Rescue and Canoeing & Canoe Rescue. You will be 100% ready to take one of Maine's toughest outdoor tests. A manual with practice tests will be provided on the first day of class. Anyone pursuing their Maine Guide License will also need First Aid, which is available for students on a date TBD. An enrollment form will be sent with the class confirmation.

Instructor: John A. Rogers
Thursday, Friday, Saturday & Sunday
Begins: October 1-4, 2020
Location: PDC, 75 North Road, Readfield
Registration: \$495

<https://maranacook.maineadulted.org/course/registered-maine-guide-training/>

Register online

We take credit and debit cards and have a new, streamlined process for mobile devices.

<http://maranacook.maineadulted.org>



Songwriting 101

Do you have imaginative ideas to share that might be said in a song? Would you like to make your personal stories sing? Through inspiring writing prompts, inventive exercises, and enjoyable writing 'games' Martin Swinger engages participants in the beginning steps of turning original ideas into songs. In a safe and positive community, you'll have fun expressing ideas while building songwriting skills. Anyone can learn and succeed at their own pace and level - no experience necessary, and experienced writers are welcome. Classes will be held on Zoom, so computer access is a must. Be willing to write in-the-moment and share ideas. Be prepared with a notebook and your favorite pen.

Instructor: Martin Swinger
7 Thursdays, 7:00 - 8:30 pm
Begins: October 8, 2020
Location: Zoom
Registration: \$75

<https://maranacook.maineadulted.org/course/songwriting-101/>

Instructor bio: Martin performs 80+ gigs a year sharing award-winning original songs and a surprisingly eclectic mix of covers: Americana, swing & jazz, traditional, show tunes, klezmer, and improvisational music. He's known for his sterling performance and vocal range, brilliant songs delivered well with an engaging stage presence for adult and family audiences.



Special Interests



Driver Education

Maranacook Adult Education and Nicole Cushing (Nicole's Academy of Driving) offer driver education classes at Maranacook High School for students ages 15 & up in the towns of Winthrop, Monmouth, Fayette, Kents Hill, Hallowell, Readfield, Wayne, Mt. Vernon and Manchester. The class includes 30 hours of classroom instruction and 10 hours of behind the wheel training.

Registration forms are available through adult education or may be emailed to you. Questions about the course and registration may be directed to Nicole Cushing at 207-215-0533 or ncushing03@gmail.com

Instructor: Nicole Cushing
Start dates for Fall 2020 classes:
September 7th, October 5th, November 2nd and December 7th.
<https://maranacook.maineadulted.org/course/drivers-education/>



\$25,000 in local grants since 2007.

Please join our supporters!

<http://www.maranacook.org/mef/>

<https://www.facebook.com/maranacookeducationfoundation>

New York City Tour – NEW DATES!

October 15th -19th, 2020

Enjoy 5 days and 4 nights in “The Big Apple”. Great experiences and beautiful sights include a guided tour of New York City. See Central Park, Rockefeller Center, Times Square, Wall Street, the 9/11 Memorial and much more! Visit Ellis Island and Liberty Island, home of the Statue of Liberty. Visit the new National 9/11 museum and see the stunning One World Observatory. Our spacious, video and restroom equipped Motorcoach will take us to New York City where we will spend 4 nights. Four breakfasts and 4 dinners are included. Bus departs from Augusta @ 8 am and makes one stop in So. Portland

Price - \$679 double occupancy plus a \$10 non-refundable fee

\$75 deposit upon booking;

Travel Insurance available for \$59 per person

For more info contact trip leader Elaine Babb
mainetravelersdt@gmail.com

<https://maranacook.maineadulted.org/course/new-york-city-tour-new-dates/>



Program Information & Policies

Diploma Courses

Diploma classes begin the week of September 21, 2020. Please check individual class start dates and times. General/vocational classes and workshops will begin at varying times throughout the semester. There will be no classes on the following holidays and school vacations: 9/7, 10/12, 11/11, 11/25-27, 12/22-1/1.

Class cancellations

Classes without sufficient enrollments are cancelled. Please sign up early to ensure minimum enrollment requirements are met.

Storm cancellations

When day school is cancelled, Adult Education classes are generally cancelled and our office is closed. To verify cancellations, check TV channels 6, 8 and 13 or our district website.

Parking & Security

To allow passage of emergency vehicles, obey posted parking signs. Parking in the circle at Maranacook Community High School is prohibited. For safety, only the front doors are open in the evening.

Smoking

There is no smoking on school property, indoors or out. Thank you for your cooperation.

Office Hours

Monday-Friday, 1-9 pm, during the academic year, except holidays and school breaks.

Contact us

Email: adulted@maranacook.org
 Phone: 207-685-4923, ext. 1065 Fax: 207-685-9597
 Mail: RSU 38 Maranacook Adult Ed
 2250 Millard Harrison Drive
 Readfield, Maine 04355

Maranacook Adult Education Staff:

Director: Steve Vose, ext. 1009
 Staff: Susan Simons, Phyllis French, ext. 1065
 RSU 38 Superintendent: James Charette

Class Locations noted in course listings

MCHS: Maranacook High School, 2250 Millard Harrison Drive, Readfield
 MCMS: Maranacook Middle School, 2100 Millard Harrison Drive, Readfield
 MES: Manchester Elementary, 17 School St., Manchester
 RES: Readfield Elementary, 84 South Road, Readfield
 PDC: Professional Development Center, 75 North Road, Readfield

Three Ways to Register for Classes



Online

On the web, go to maranacook.maineadulted.org. Credit and debit cards are accepted for online registrations only, not by mail or in the office.



Mobile

With your mobile device to visit our website and register with your credit or debit card.



By Mail

Please complete a separate registration form for each person. Include a check (no cash or credit) made payable to RSU 38 Adult Ed. Send form and check to: RSU 38 Maranacook Adult Education, 2250 Millard Harrison Drive, Readfield, ME 04355.

Registration Policies

Reservations: We do not reserve a space in class until payment is received. Register early to avoid class cancellations. You will be notified only if registration difficulty is encountered or if a class is cancelled due to low enrollment. We do not accept telephone registrations, except for free classes as payment is required at registration.

Discount for Seniors & Veterans: Residents age 65+ and veterans with proof of service are eligible for a 10% discount on registration fees over \$10, except for CDL Training.

Refunds: We refund fees if class is cancelled or full when we receive payment. We will notify you before the first class. Please allow 3 weeks for processing refunds when you pay by check. Online registrations are credited to the account used in the transaction. Refunds given for withdrawals at least 7 days before the class start date. A processing fee may apply. Refunds in other circumstances are at the director's discretion.

Special Circumstances: Fee waivers given for academic, computer, or career courses for those who meet financial eligibility requirements. Special needs are accommodated with advance notice. Call Steve Vose at 685-4923, ext. 1009.

Registration Forms

Name: _____

Email: _____

Address: _____

Cell phone: _____ Home phone: _____

Emergency contact: _____ Phone: _____

Course Name	Start date/Session	Fee
One form per person, please. Make check/money order payable to: RSU 38 Adult Ed. Mail to: RSU 38Adult Ed, 2250 Millard Harrison Dr., Readfield ME 04355		Total:

Name: _____

Email: _____

Address: _____

Cell phone: _____ Home phone: _____

Emergency contact: _____ Phone: _____

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